

# Hirata Zone Therapy with the Ontake Method (Level 2)

## 1 DAY WORKSHOP: 17th October 2023\*

Introducing Hirata Zone Therapy—a holographic Japanese moxibustion system from the 1930s based on the teachings of Kurakichi Hirata. Heated bamboo is applied rhythmically on the skin to trigger the body's self-healing mechanisms.

Hirata's primary goal was to create a system that was easy for patients to learn and apply on themselves. Eighty years after his death, this method has become far more accessible with the application of a contemporary moxa device—Ontake Warm Bamboo, a piece of bamboo filled with burning moxa wool.

This one-day workshop includes lectures, demonstrations and practice. It covers everything you need to know to find Hirata's zones on the body and apply Ontake to treat a variety of conditions. Topics covered include:

- Introduction to Hirata and his ideas
- The twelve zones in the six regions
- Dr Manaka's Meridian Frequencies
- Zone selection and treatment
- Bamboo Mini – working the back and waking up the immune system
- Dosage

By the end of the course you will be able to:

- Locate the Hirata zones and note significant reactions
- Perform a variety of techniques with Ontake including tapping, rolling, standing, pressing, vibrating and super-knocking
- List and apply the frequencies for each zone
- Apply a whole-body warm bamboo treatment to treat an organ system
- Describe Japanese acupuncture concepts of dosage
- Remedy overtreatment using Ontake
- Get patients started with daily home treatment

\*NB: Completion of Level 1 is required to undertake Level 2

Venue: China Books Events Space  
Level 2, 234 Swanston Street  
Melbourne 3000

Date: 14th-15th October 2023 (Level 1)  
17th October 2023 (Level 2)

Times: 9.30am - 5.30pm

CPD: 13.5 Points (Interactive) - Level 1  
5.5 Points (Interactive) - Level 2

## Prices:

### LEVEL 1

#### \*EARLY BIRD SPECIAL

Professional Assoc. Member Rate: \$695

Student (Full time - undergraduate): \$595

#### REGULAR PRICE

Professional Assoc. Member Rate: \$795

Student (Full time - undergraduate): \$695

### LEVEL 2

#### \*EARLY BIRD SPECIAL

Professional Assoc. Member Rate: \$345

Student (Full time - undergraduate): \$295

#### REGULAR PRICE

Professional Assoc. Member Rate: \$395

Student (Full time - undergraduate): \$345

\*Early Bird: Full payment is required 4 weeks prior

\*Registrations cancelled up to one week prior to the seminar will be refunded less 20%. We regret that refunds are not otherwise possible.

## Contact us to register:

### CHINA BOOKS

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## Ontake Warm Bamboo - Level 1

*Rhythmic Moxibustion Methods*

*from Japan to treat Root and Branch*

PRESENTED BY

**ORAN KIVITY**

**2 DAY WORKSHOP (LEVEL 1)**

**14th - 15th OCTOBER 2023**

**1 DAY WORKSHOP (LEVEL 2)**

**17th OCTOBER 2023**



## Course outline (Level 1):

Introducing Ontake Warm Bamboo – a ground-breaking new moxibustion technique based on Doctor Manaka's theory of Meridian Frequencies. Heated bamboo is applied on the skin rhythmically at specific frequencies of beats per minute, according to the meridian affected.

This meridian frequency treatment brings about rapid changes in body condition and relieves pain fast. It will greatly enhance your clinical effectiveness and, very importantly, patients love it. The application of Ontake will deepen your palpation skills, literally bringing you closer in touch with the channel system and broadening your understanding of its dynamic interrelationships.

Day One of the workshop covers everything you need to know about the basics of loading, lighting and applying bamboo treatment.

Day Two explores symptom relief with bamboo in much greater detail. This includes guidelines on treating specific conditions and holographic models for pain relief developed by Dr Tan and adapted for use with bamboo.

## What you will learn:

### Day 1

- Introduction to Dr Manaka and his ideas
- Root and Branch treatment in Japanese Acupuncture
- Dr. Manaka's Meridian Frequencies, Wooden Needle and Hammer, tapping zones
- Loading, lighting and applying Ontake
- A non-pattern based root treatment

### Day 2

- Holographic Thinking
- Dr Tan's concepts of body mirrors and images
- Meridian pairings and a simple Ontake matrix
- Matrix thinking and palpation: tension assessment
- Chasing the pain
- Dazhui DU 14 revisited
- Clinical applications: Branch Treatments
- The Goldilocks Zone: Dosage and overtreatment

By the end of the course you will be able to:

- Systematically palpate the channels and note significant reactions
- Load bamboo with moxa and light it safely
- Perform tapping, touching and closing, rolling, standing, rocking, pressing, leaning, vibrating and knocking techniques with heated bamboo
- List and apply the frequencies for each meridian
- Apply a whole body warm bamboo treatment to strengthen the root
- Describe Japanese acupuncture concepts of dosage and recognise sensitive patients
- Remedy overtreatment using Ontake
- Treat pain: select treatment channels according to the Ontake matrix and different holographic images of the body on the arms and legs
- Apply warm bamboo to treat a broad range of conditions including headache, neck pain, back pain, knee pain, constipation, diarrhoea, stress, depression and anxiety.

## About Oran:

Veteran British acupuncturist Oran Kivity trained in Europe, China, and Japan. In continuous practice since 1987, he specialised in Japanese methods and was a founder member of Toyohari UK, the British branch of the Toyohari Association of Japan. He taught acupuncture at the University of Westminster and the Northern College of Acupuncture for ten years.

Oran is the author of four books about Japanese acupuncture and moxibustion, including the popular *Hirata Zone Therapy with the Ontake Method* and *Moxa in Motion with the Ontake Method: Rhythmic Moxibustion Methods from Japan for Mind-Body Healing*.

Passionate about acupuncture and learning, he continues to teach internationally and has a successful habit coaching practice online, working with practitioners all over the world to develop their practices.

Now based in Taiwan, he practises, writes, coaches and teaches from the southern port town of Kaohsiung, where he lives happily by a river, near a lake and close to the sea.

